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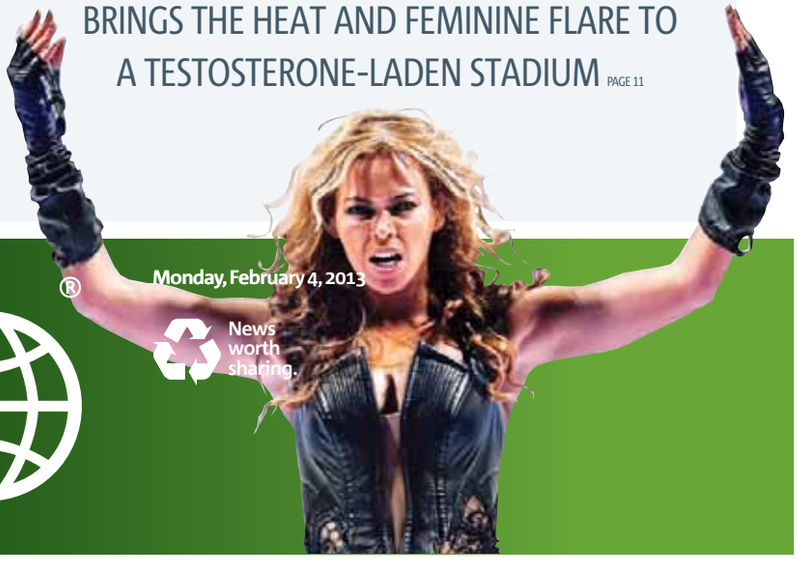

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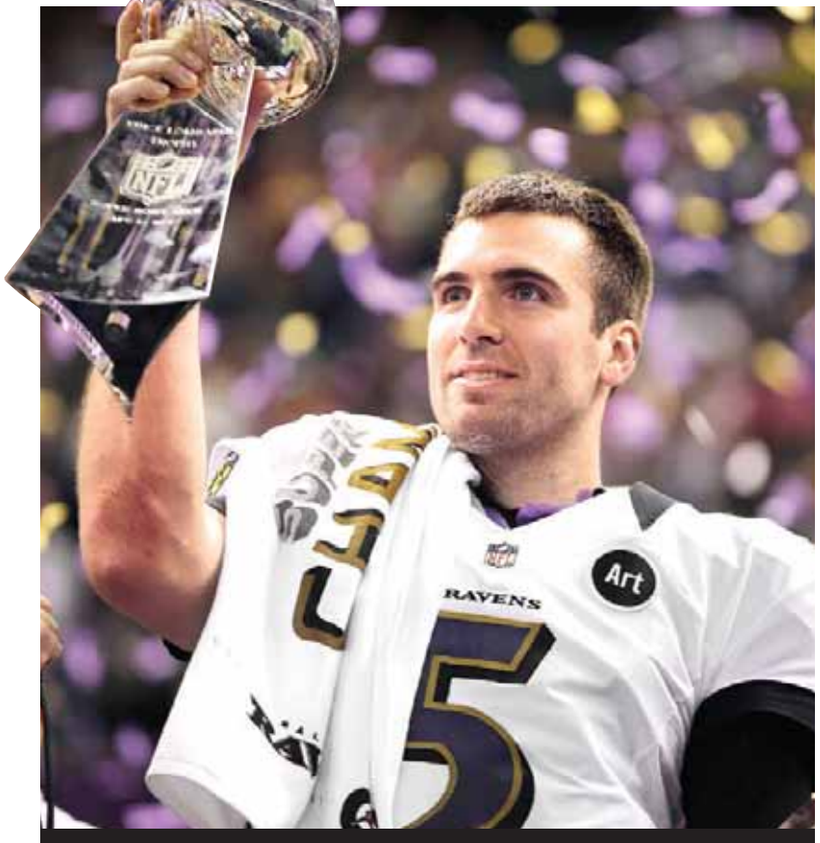

BALTIMORE BRINGS IT

PAGE 16

Baltimore Ravens quarterback Joe Flacco holds the Vince Lombardi Trophy after defeating the San Francisco 49ers 34-31 in Super Bowl XLVII on Sunday in New Orleans. MATT SLOCUM/THE ASSOCIATED PRESS

Legislated teacher deal finds support

Controversy. Government-mandated contracts have drawn fire in other provinces

JEREMY NOLAIS
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Alberta's education minister has asked two-thirds of school boards in the province if they would support a legislated teachers' contract, and some trustees openly agree with the idea, a spokesperson said Sunday.

Education Minister Jeff Johnson has been gauging support with boards during meetings held ahead of the provincial budget unveiling in March, press secretary Kim Capstick said.

She added that the idea of a legislated deal was originally pitched to the minister in a meeting shortly after tripartite talks on a new provincewide deal failed in December, throwing negotiations to local bargaining for the first time in five years.

"I think, for the most part, people are just anxious about any possibility of labour disruption in the classroom — but I don't think we're there yet," Capstick said, adding the ministry is hearing reports that some negotiations aren't going as quickly as initially hoped.

Sticking points during original negotiations included an Alberta Teachers' Association wish to restrict assigned hours for members and a government move to remove that group's veto power on instructional policy and legislation.

Elaine Horner, vice-chair for the Prairie Land Regional Division, said her board met with Johnson on Jan. 17 and was "non-committal" on a legislated deal.

"I know that the government was disappointed when the ATA walked away from the tripartite table," she said, before adding a government-mandated contract would allow the ATA to "do what they really should be doing and that's being the professional organization (for teachers) instead of a union."

Jean Boisvert, vice-chair for Elk Island Catholic Schools, also confirmed talks of a legislated deal when his board met with Johnson, but admitted he has concerns.

"We'd like to be able to finish our process," he said. "Legislation always seems to leave a bad taste in people's mouths."

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NEWS

Negligence alleged

Alleged pit-bull attack victim suing owners, Town of Sundre

As an Alberta pit-bull owner charged with aggravated assault prepares for a preliminary hearing in her criminal trial this week, court records indicate her alleged victim has filed a $300,000 lawsuit that names her and the Town of Sundre as defendants.

The claim confirmed by lawyer Clint Docken alleges Sundre officials were negligent after deeming dogs owned by Rita Phillip and Christoforos Zergiotis dangerous in 2011. Negligence is also charged against both owners.

RCMP allege Phillip, 57, ordered two pit bulls, one owned by her and one owned by Zergiotis, to attack a woman identified as Calgarian Deanna Wolfe, 26, inside a home at the Sundre Mobile Estates Park Aug. 18.

Wolfe was later found "nearly dead" and spent a great deal of time in hospital, the claim states.

Docken said his client is on the mend now but will face ongoing treatment.

Wolfe has repeatedly denied requests for comment from Metro in recent months, citing ongoing court proceedings. Her claim alleges complaints were made to Sundre officials about the pit bulls in the past, but no action was taken.

But Dean Pickering, Sundre's chief administrative officer, said his staff had not been made aware of any previous altercations between the plaintiff and the pit bulls.

"We have now found out about them but we were not notified about them," he said.

Phillip is slated to return to court for her hearing Wednesday.

JEREMY NOLAIS/METRO

A number of families will be faced with the decision to split up their children or pull their older one from Olympic Heights School, seen here, after an unanticipated surge of students forced a revision of acceptance policies. JEREMY NOLAIS/METRO

Parents cry foul as school squeeze could see siblings split up

Capacity. Issue speaks to the need for more schools in fast-growing areas of city, says public board representative

JEREMY NOLAIS
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Sending her daughter Hayley off to her first day of kindergarten this fall will be a little nerve-wracking for Calgary mother Michelle Hartwick but she had at least hoped older sister Molly would be there to keep an eye out.

A rush of students over the summer into the southwest neighbourhood of Aspen Woods, however, has forced the Calgary Board of Education to amend acceptance policies at Olympic Heights School, where Molly currently attends Grade 1 classes.

Because the Hartwicks live outside of school boundaries that were redrawn in recent years, Hayley is no longer able to attend Olympic Heights.

"It's unfortunate on many levels," Michelle Hartwick said. "I thought about maybe even just renting in the walk zone — I'm getting desperate."

After the boundary redraw, Aspen Woods families living west of 85th Street S.W. were redesignated to Wildwood School, excluding those with a child already attending Olympic Heights, according to CBE acting director of planning and transportation Donna Crawford.

In the Hartwicks' case, Michelle's stepson had been there at the time, meaning Molly was permitted entrance. Crawford said families in that situation were informed other siblings would likely be able to follow suit.

But this past September, 90 kids that hadn't been anticipated arrived for class, Crawford said.

"What's very unusual about this is to have it happen in a district that is an older established district where we have historical patterns of growth to go on," she said.

Now, first priority will be given to those families living in Olympic Heights' walk zone, starting with those who already have a child attending.

A lottery is tentatively planned for Feb. 13 to fill any remaining spots, but the Hartwicks and two other families speaking to Metro that find themselves in similar situations won't be entered because they are not within the new boundary.

Capital needs

In its 36-item school capital plan, the Calgary Board of Education ranks the need for a new elementary school in Aspen Woods 26th at a cost of $14.5 million. The Calgary Catholic School District lists a similar project third on its capital plan and estimates it will cost $12.4 million. Neither project has been approved by the province.

Found with fatal injuries inside jail cell. Family of Calgary father and martial artist not buying police story on how he died in Belize

Family members of a Calgary father who suffered fatal injuries while in police custody in Belize have deemed police claims about what happened "unequivocally false."

Jeffrey Furgala, 35, was found badly hurt in his jail cell early Jan. 27 after being taken in by police, who claim they found him heavily intoxicated the night before.

He died in hospital Tuesday.

But claims from local authorities published by Belize media that Furgala slipped or fell are not true, reads a statement provided to Metro on Sunday.

"The family has been apologized to by the Belize media for this statement, and they have since retracted it," the statement continues.

Furgala was remembered by friends last week as a skilled martial artist who was always there to lend a hand to others.

Police are expected to shed new light on their joint civil-criminal investigation Monday, according to Patrick Jones with Belize media outlet Love TV.

But while one claim about Furgala's death appears to have been diffused, Jones told Metro a police source close to the investigation has now informed him that the Calgarian was not alone in his holding cell as previously thought.

"There are so many questions still at this point," Jones said, adding a number of people have been harmed while in local police custody in recent months. "There is a lot of mistrust with the local authorities." JEREMY NOLAIS/METRO

Jeffrey Furgala METRO FILE

Ongoing investigation

- Media in Belize are reporting an autopsy conducted on the body of Calgary father Jeffrey Furgala on Friday determined he suffered a fractured skull and concussion that could be consistent with a fall.
- Some members of Furgala's family have journeyed to Belize and are working with authorities in their ongoing investigation, a friend who requested their name be withheld said Sunday.

Aboriginal community.
RCMP look for gang link in 16-year-old's death

Police say they are investigating whether a 16-year-old boy's death in a troubled aboriginal community south of Edmonton this weekend is gang-related.

RCMP in Hobbema say they were called to a firearms complaint on the Samson Cree First Nation townsite early Saturday morning.

They say the teen was fatally injured during the incident and that they're treating the death as a homicide.

Previous violence prompted reserve residents to vote for an eviction bylaw giving leaders the power to ban suspected gang members from living in the community.

The ban followed the death of five-year-old Ethan Yellowbird, who was hit in the head by a stray bullet while he slept in a home on the reserve in 2011.

Three teens pleaded guilty to manslaughter for Ethan's death and are awaiting sentencing.

Police said late Saturday that they believed Saturday's death may not have been a random act and that they are checking into whether gangs may have been involved.

A cause of death wasn't released. Police say an autopsy is planned.

The Samson Cree band is still working on administrative issues on its eviction bylaw and there's no date on when it might come into force.

No motive has been given in court for why the teens were shooting at the house when Ethan Yellowbird was killed, although police say they had gang ties.

Officers are still working to solve the death of Ethan's aunt, Chelsea Yellowbird. The 23-year-old woman was shot outside a house two months after the boy was killed. At the time, police said they believed the shooting was gang-related.

In 2008, 23-month-old Asia Saddleback was shot as she sat at a kitchen table eating dinner. She survived, but the bullet remained lodged between her liver and spine.

THE CANADIAN PRESS

Working with police

RCMP Insp. Charles Wood of the Hobbema detachment said in November that since the death of five-year-old Ethan Yellowbird, people on the reserve have been working well with the RCMP.

- While he said gang activity remains prevalent, the resulting violence is not as bad as it was in the community in 2011.
- The use of weapons is down, Wood said, as is the number of drive-by shootings.
- The Samson reserve is one of four that make up the Hobbema community, about an hour's drive south of Edmonton.

Lethbridge. Police ask for public's help in locating missing teen girl

Lethbridge police are asking the public to keep an eye out for a missing teenager.

Sixteen-year-old Daylynn Hammer was last seen Friday around 3:30 p.m. in Lethbridge.

She is described as having shoulder-length blond hair, blue eyes and glasses, wearing blue jeans, a black and grey T-shirt, and a black hoodie.

Police do not suspect foul play but note the teen has medical concerns. Anyone with information is asked to contact police. METRO

If you can help

- Anyone with information is asked to contact police.

Groundhog Day

Billy predicts early spring

Alberta's groundhog predictor saw reason to smile Saturday, predicting winter would end soon.

Balzac Billy, which is really a person in a Richardson ground squirrel costume, predicted a quick end to winter when he couldn't see his shadow in a Calgary garden centre parking lot.

THE CANADIAN PRESS

Leon Robinson signs an autograph for Calgarian Joann Shannon at the Plaza Theatre on Sunday. ROBSON FLETCHER / METRO

Cool Runnings stars hit Kensington

Fond memories.
Reel Fun Film Festival puts on 20th anniversary screening of Calgary-set movie

ROBSON FLETCHER
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It was like 1993 all over again on Sunday as hundreds of people packed the Plaza Theatre to catch a screening of Cool Runnings.

This time, however, two of the movie's stars were on hand to sign autographs and answer questions.

During the screening, though, Leon Robinson and Doug E. Doug opted to grab a drink from the nearby Jugo Juice in Kensington.

"Last night I watched it, and I was like, 'OK, that's enough,'" Doug explained. "You start to get critical of yourself. You're not watching what people are watching. You're just thinking, 'Wow, my head looks big. My dreadlocks look messy.'"

Joann Shannon was a big fan of the movie when it first came out and thrilled Sunday to get the stars' signatures on a sweatshirt from Calgary's 1988 Olympic Games.

"My mom was a volunteer at the Winter Olympics," she said. "She bought the shirt for me, so I've been hanging on to it all this time."

Reel Fun Film Festival director Cathy McKee said the screening was a natural fit for a city that loves and remembers the movie so well.

"I have four children ranging from 26 to 15, and they have done that bathtub scene I don't know how many times — practising the turns — and they can say every single line from the movie," she said.

Lucky egg

"It's been great. People have been asking me about my lucky egg, doing the bobsled formation — it goes on and on."

Cool Runnings star Doug E. Doug on his reception in Calgary

$200K sought for Keystone Hills plan

Ald. Jim Stevenson METRO FILE

City officials hope a new planning approach for a massive north-Calgary development will serve as a model for future growth, but some nearby residents feel existing neighbourhoods need attention before new ones.

On Tuesday aldermen will consider using $200,000 from the city's "Innovation Fund" to pilot a project for Keystone Hills, a community expected to eventually become home to 60,000 people.

"I think it's groundbreaking," said Ald. Jim Stevenson of the proposal, which takes a holistic approach that integrates land-use policy and transportation planning.

"We'll be bringing the two bodies together, and it'll help create a framework of policies so that we can come up with a high-quality design," he said.

Part of the project will involve consultation with neighbouring communities, and Northern Hills Community Association president Wendy Cavanagh expects area residents will have plenty to say.

"It's a bit scary," she said of the development, adding that the community already feels underserved when it comes to schools, recreation and public transport. ROBSON FLETCHER/METRO

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RCMP kept a close eye on the Occupy Ottawa protest

Access-to-information request. Documents show Mounties nabbed pamphlets, monitored social media sites and counted participants

The Mounties compiled a dossier on the Occupy Ottawa movement, scouring social media sites and quizzing campus security after protesters held planning sessions at a university, newly released documents show.

Meeting notes show there were also plans to monitor the Confederation Park protest site using a camera mounted to the nearby offices of the National Capital Commission (NCC).

The camera is normally pointed at Ottawa's city hall, the notes say. However, the NCC says it does not operate the camera and it did not use the device to monitor the protests from its offices.

The documents show NCC staff did keep close tabs on the makeshift encampment throughout the occupation, snapping dozens of photographs and reporting on the protesters' activities.

Details about the surveillance tactics are only now coming to light, some 14 months after police ousted the Occupy Ottawa protesters from Confederation Park in late November 2011. It took the NCC until last week to provide documents in response to an access-to-information request from The Canadian Press.

Notes from a meeting held before the Ottawa occupation started show there was talk the protesters might also target Parliament Hill, the prime minister's residence at 24 Sussex Drive, the Privy Council Office and the U.S. Embassy.

An RCMP intelligence report shows the Mounties picked up Occupy pamphlets and literature after the protesters met at the University of Ottawa. They also questioned campus security about the number of people in the room. THE CANADIAN PRESS

Police evicted activists, part of an international protest against income disparity, from Confederation Park in November 2011. PATRICK DOYLE/THE CANADIAN PRESS FILE

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Landslide investigation begins

Provincial police have begun some analysis on the site and in the pit.
GRAHAM HUGHES/THE CANADIAN PRESS

Quebec's provincial police and workplace safety board have launched an investigation into a deadly landslide at a quarry near Montreal.

The bodies of two missing workers were pulled from the rubble on Saturday, four days after a landslide at the gravel quarry in L'Epiphanie.

Officers will examine whether the company operating the quarry, Maskimo Construction Inc., followed the appropriate safety protocols, police spokesman Gregory Gomez said in an interview.

"We're going to try to determine ... if there is criminal wrongdoing," he said.

When survivor Benoit Robert spoke with reporters last week, he said he didn't blame his employer and described them as responsible. THE CANADIAN PRESS

Background

Rescue efforts were once put on hold due to weather and fears of another slide.

- **Male victim.** Identified as 54-year-old Daniel Brisebois.
- **Female victim.** Identity not yet confirmed.
- **Survivor.** Benoit Robert, rescued by a police helicopter on Tuesday within hours of the collapse.

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Victoria, B.C.

Super Bowl trip goes right to pot

A decades-old pot possession charge cost a Victoria man the trip of a lifetime.

Myles Wilkinson beat nearly four million contestants to win a trip to the Super Bowl in New Orleans, but his victory went up in smoke when Toronto airport border guards blocked him from crossing this week due to a 32-year-old charge for less than two grams of cannabis.

At the time, a teenaged Wilkinson paid a $50 fine.

Bud Light Canada, the sponsor of the all-expenses-paid contest trip, invited Wilkinson to its Super Bowl party at the Commodore in Vancouver as a consolation prize.

EMILY JACKSON/METRO IN VANCOUVER

Minister hints Israel was behind airstrike on Syria

Middle East. Israelis fear Syrian weapons could wind up in hands of Lebanese militants

Israel's defence minister strongly signalled Sunday that his country was behind an airstrike in Syria last week, telling a high-profile security conference that Israeli threats to take pre-emptive action against its enemies are not empty. "We mean it," Ehud Barak declared.

Israel has not officially confirmed its planes attacked a site near Damascus, targeting ground-to-air missiles apparently heading for Lebanon, but its intentions have been beyond dispute. During the 22 months of civil war in Syria, Israeli leaders have repeatedly expressed concern that high-end weapons could fall into the hands of enemy Hezbollah, the powerful Lebanese militants.

Ehud Barak THE ASSOCIATED PRESS

For years, Israel has been charging that Syrian President Bashar Assad and Iran have been arming Hezbollah, which fought a month-long war against Israel in 2006.

U.S. officials say the target was a convoy of sophisticated Russian SA-17 anti-aircraft missiles. Deployed in Lebanon, they could have limited Israel's ability to gather intelligence on its enemies from the air.

Over the weekend, Syrian TV broadcast video of the Wednesday attack site for the first time, showing destroyed vehicles and a damaged building identified as a scientific research centre. U.S. officials said the airstrike hit both the building and the convoy.

In his comments Sunday in Munich, Barak came close to confirming that his country was behind the airstrike.

"I cannot add anything to what you have read in the newspapers about what happened in Syria several days ago," Barak said.

Then he went on to say, "I keep telling frankly that we said — and that's proof when we said something we mean it — we say that we don't think it should be allowed to bring advanced weapons systems into Lebanon."

THE ASSOCIATED PRESS

LGBT Indians step out

Members and supporters of the gay, lesbian, bisexual and transgender community ride a cycle rickshaw as they participate in the Hyderabad gay pride parade in Hyderabad, India, Sunday. The parade was held to spread awareness about the harassment, violence and discrimination faced by the community and to demand that its members be allowed to lead lives of dignity in India's deeply conservative society. MAHESH KUMAR A./THE ASSOCIATED PRESS

Saudi Arabia

Anger grows after girl's fatal beating

Online activists in Saudi Arabia are calling for harsher punishments for child abuse after reports that a prominent cleric received only a light sentence after confessing to the beating death of his five-year-old daughter.

Saudi media say Fayhan al-Ghamdi was freed last week after serving a short prison term and agreeing to pay $50,000 US in "blood money" to avoid a possible death sentence. The reports said he questioned the child's virginity.

THE ASSOCIATED PRESS

England

Malala continues making progress

Malala Yousufzai, the 15-year-old Pakistani schoolgirl who was shot in the head by the Taliban, is in stable condition after undergoing two successful operations to reconstruct her skull and restore her hearing, the British hospital treating her said Sunday.

THE ASSOCIATED PRESS

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Twitter hacking may affect 250K accounts

Cyberspying. Company has not said whether China is behind security breach

Twitter is among the latest U.S. companies to report that it is part of a growing list of victims of Internet security attacks, saying that hackers may have gained access to information on 250,000 of its more than 200 million active users. And now, The Washington Post is joining the chorus, revealing the discovery of a sophisticated cyberattack in 2011.

Twitter said in a blog post on Friday it detected attempts to gain access to its user data earlier in the week. It shut down one attack moments after it was detected.

But Twitter discovered that the attackers may have stolen user names, email addresses and encrypted passwords belonging to 250,000 users they describe as "a very small percentage of our users." The company reset the pilfered passwords and sent emails advising the affected users.

Quoted

The attack "was not the work of amateurs, and we do not believe it was an isolated incident."

Bob Lord, Twitter's director of information security, in a blog post.

The Twitter attack comes on the heels of recent hacks into the computer systems of U.S. companies, including the New York Times and the Wall Street Journal. Both newspapers reported last week that their computer systems had been infiltrated by China-based hackers, likely to monitor media coverage the Chinese government deems important.

On Friday, the Washington Post disclosed that it was also the target of a sophisticated cyberattack, which was discovered in 2011 and was first reported by an independent cybersecurity blog.

In this 2010 file photo, Twitter's then-CEO Evan Williams makes a presentation about changes to the microblogging service at the company's San Francisco headquarters. Twitter says hackers may have gained access to information on 250,000 of its more than 200 million active users. THE ASSOCIATED PRESS FILE

Twitter didn't provide any clues as to whether it believes that China was behind its hack. However, the blog post by the company's director of information security, Bob Lord, made clear that the hackers knew what they were doing. THE ASSOCIATED PRESS

Free vs. fee. Is streaming music worth paying for? Canadians don't think so

A slew of streaming music services have come to Canada, and more are likely on the way, but while tech-savvy consumers seem to enjoy listening to music online, relatively few want to pay.

There are more than a dozen competitors to choose from in Canada, including free radio-style options such as CBC Music and Songza, and fee-based a la carte listening platforms with millions of songs to access, such as Deezer, HMV's The Vault, Rara and Rdio.

A recently released report by the Media Technology Monitor suggests listening to music online is catching on with large numbers of Canadians. About 59 per cent of anglophones and 46 per cent of francophones said they listen to streaming audio, with YouTube being the most commonly cited source for seeking out tunes.

Another recent report, this one released by the Department of Canadian Heritage, also suggested many Canadians are interested in streaming — but most want it to be free.

About one in three poll respondents said they were very or somewhat likely to subscribe to a free online music service, while just 17 per cent said they would likely pay a monthly fee for a subscription-based service.

THE CANADIAN PRESS

Telecom

Iraq exchange gets first major stock float

Iraqi mobile-phone service provider Asiacell raised close to $1.3 billion Sunday on the Iraq Stock Exchange in what the head of the bourse said is the biggest initial public offering in the Middle East since 2008. Taha al-Rubaye also said it's the first major stock float on the ISX, which was set up in 2004, a year after a U.S.-led invasion toppled Iraqi dictator Saddam Hussein. THE ASSOCIATED PRESS

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A REAL CONVERSATION NEEDS TO COME OUT OF IDLE NO MORE

HIGH PLAINS DRIFTER
James Callsen
calgary@metronews.ca

I've been watching with interest the Idle No More protests unfolding in Ottawa, Calgary and right across Canada. It's interesting to see how the movement caught fire and spread across the country after Attawapiskat Chief Theresa Spence began her liquid diet in Ottawa. It's also interesting to see the public's reaction to the protests, both good and bad.

What I've had a hard time with, and so too have many Canadians, is just what Idle No More is about. Like the Occupy protests, a simple straight-ahead complaint has morphed into something much larger and often times unwieldy. To the layman, it appears to be about many things to different people, and that appears to be responsible for the growing disconnect from average Canadians on the matter.

Let's talk

In fact the one constant that anyone can agree on is that something has to be done to fix a decades-old system that is doing very little to be effective to any party involved, be it the federal government, First Nations or Canadian taxpayers.

Personally, I feel uncomfortable even talking about Idle No More, because it seems like most criticism of the movement by non-natives is written off as racist. That quick-to-drop-the-R-word reaction is stalling real dialogue as much as government inaction and decades of stereotyping of native peoples. However, I don't think there are many Canadians of any race or creed who would agree that the current system between the government and native people is in any way fine. Far from it. In fact the one constant that anyone can agree on is that something has to be done to fix a decades-old system that is doing very little to be effective to any party involved, be it the federal government, First Nations or Canadian taxpayers.

Why can't we have some real dialogue on the issue to finally come up with a solution and fix the situation once and for all, something that works for all Canadians? Who doesn't want to put an end to an ongoing saga that hasn't done any side in the issue any good? Clearly it's not going away any time soon, so why not actually solve the problem, stem the tide and move on for the benefit of everyone? Does having the same conversation again and again solve the problem?

It seems pretty clear to me that what seemed like it was going to work in 1871 isn't working in 2013. It also seems abundantly clear to me that staying on the current path is only going to result in the same cycle we've been seeing for years.

These are questions I don't have answers for. I scratch my head wondering why we can't get down to brass tacks — with all entities setting prejudices, egos and grandstanding aside to finally get down to some straight talk and solve this once and for all. With something that works for all Canadians. Not just a few.

DNA test results

Scientists to reveal whether corpse is Richard III

A historical mystery could soon be resolved, with the help of a Canadian family.

Scientists on Monday will announce the results of tests meant to determine whether a skeleton found under a parking lot in central England belongs to 15th-century King Richard III, the last English monarch to die in combat.

Researchers at the University of Leicester have analyzed the bones, which were discovered during an archeological dig in September. The skeleton showed signs of Richard's famed spinal curvature and of fatal battle wounds.

Scientists compared its DNA with samples taken from a Canadian family that is a direct descendant of Anne of York, Richard's eldest sister.

Jeff Ibsen says he was warned long ago that his family might be called upon if the king's burying place was ever discovered.

THE CANADIAN PRESS

Vegan bark may have bite

VICTOR FERREIRA/THE CANADIAN PRESS

Pooch life

Dogs ditch chicken for carrot sticks

Willie, a dachshund, begs for a carrot in Toronto. Willie's owner, Ken Butland, says his two dogs quickly adapted to their new vegan diet and now can't get enough of it. Vegan diets for dogs are becoming increasingly prevalent in Toronto as owners who follow the vegan lifestyle are implementing it on their pets.

But not all veterinarians agree that a vegan diet is the best choice for dogs.

THE CANADIAN PRESS

Canine culture

"You only have to spend a few seconds in the room, when they hear carrots being chopped up they're like lightning ... We feed them green beans, raw carrots, raw cabbage and they go crazy."

Ken Butland
A vegan who is passionate about his lifestyle and wants to pass it down to his two dachshunds

Woof woof

- Vegan diets for dogs involve more than feeding them raw vegetables.
- Canines rely on dry vegan dog food for nutrients such as protein that they would have ingested through eating meat.
- Dogs, unlike cats, are natural omnivores who have the enzymes to break down the nutrients from a vegan diet and assimilate them for daily use, according to a Toronto veterinarian.

A dog's breakfast

Not the best idea for all dogs: Expert

Veterinary technician Krista Wilcox tends to dogs at the Front Street Animal Hospital in Toronto and would only recommend a vegan diet when food allergies are present.

Wilcox says that if a diet isn't properly formulated for each individual need, even if it is a vegan diet, there can be side effects.

"An improper diet will cause a pet to, over time, show malnutrition," she said. THE CANADIAN PRESS

Education and environment go hand-in-hand

News worth sharing

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate individuals, inspiring projects and stories worth celebrating. Here's just one.

The University of Calgary Student Union has kicked off 2013 with a new year's resolution to reduce waste on campus.

And like all successful resolutions, this one began with a strong plan of action: cue a full-scale compost educator program in the MacEwan Student Centre, as well as the introduction of biodegradable cutlery.

At the start of each semester, campus compost educators are on-hand during peak hours to show other students which bins to use and to answer questions.

The students' union has always been passionate about environmental sustainability, and it seems the student body is behind them.

Several years ago, the union did a survey and found that 85 per cent of students would support the idea of having compostable containers in MacEwan Student Centre — so this resolution is fulfilling a long-held wish.

According to Scott Weir, the student union's vice president of operations and finance, the new compost educator program has the potential to greatly reduce the amount of waste being sent to the landfill.

"We hope students will feel a sense of pride in knowing that their student centre is constantly becoming more sustainable," he says.

CRAIG AND MARC KIELBURGER

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What a girl wants

Juno's new host with the most

Ladies, you might want to sit down for this: Michael Bublé has been revealed as the host of the 2013 Juno Awards gala.

The charming Vancouver crooner, who's proved a quick-witted hit at the podium whilst collecting numerous Juno and Grammy trophies in the past, announced his forthcoming duties in a characteristically droll TV spot aired during CTV's Super Bowl broadcast on Sunday night. It found him lounging in bed trading quips with Can-rock couple Chad Kroeger and Avril Lavigne. TORSTAR NEWS SERVICE

Bringing sexy back (finally)

Justin Timberlake performs in New Orleans, La. GETTY IMAGES

One of the most anticipated musical moments of the year so far was connected to the Super Bowl, but had nothing to do with Beyoncé.

Instead, it was Justin Timberlake who had New Orleans buzzing as he gave his first performance in nearly five years — a sizzling, hour-long concert that featured the nattily dressed entertainer with a more than 10-piece band and guest appearances by Timbaland and Jay-Z. The performance was all part of DirecTV's Super Bowl-eve bash.

Timberlake hadn't released new music in years, instead concentrating on acting. THE ASSOCIATED PRESS

Beyoncé, centre, Kelly Rowland, right, and Michelle Williams of Destiny's Child, perform during the halftime show of the NFL Super Bowl XLVII between the San Francisco 49ers and the Baltimore Ravens, Sunday, in New Orleans. PATRICK SEMANSKY/THE ASSOCIATED PRESS

Beyoncé delivers the goods at Super Bowl

Now put your hands up. She put a groove on it — and this time it was live

Beyoncé sang like she had something to prove at the Super Bowl, balancing out the testosterone levels on the football field with a dance-heavy performance that featured her Destiny's Child band mates and an all-female band.

She emerged onstage singing some of Love on Top, transitioning to her hit Crazy In Love in an all-black ensemble, which matched the dark stage. She ripped off part of her shirt and skirt as she danced hard with background dancers doing the same.

She sang live — and sounded good. Days after admitting to singing to a pre-recorded track at President Barack Obama's inauguration, she proved herself to any doubters and added a few off-script remarks as if to show her microphone was on.

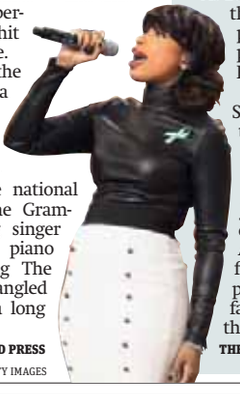
Her background singers helped out as Beyoncé danced around the stage throughout most of the 13-minute performance. She was especially top-notch during End of Time and Baby Boy.

She had a swarm of background dancers and band members spread throughout the stage, along with videotaped images of herself dancing. And the crowd got bigger when she was joined by her Destiny's Child band mates.

Kelly Rowland and Michelle Williams popped up from below the stage to sing Bootylicious. They were in similar outfits, singing and dancing closely as they harmonized. But Rowland and Williams were barely heard when the group sang Independent Woman, as their voices faded into the background.

They also joined in for some of Single Ladies (Put a Ring On It), where Beyoncé's voice grew stronger.

She asked the crowd to put their hands toward her as she belted the slow groove Halo on bended knee — and that's when the performance hit its high note.



Before the game, Alicia Keys performed a piano-tinged version of the national anthem. The Grammy-winning singer played the piano as she sang The Star Spangled Banner in a long red dress. THE ASSOCIATED PRESS

GETTY IMAGES

Sandy Hook

Students join Hudson on stage

As 26 children walked to the centre of the Superdome to sing, a packed crowd in the Big East fell silent.

The chorus from Sandy Hook Elementary School, nearly two months after a deadly shooting rampage, joined Jennifer Hudson to deliver a rendition of America the Beautiful that had some players and countless fans in the stands on the verge of tears. THE ASSOCIATED PRESS

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The Word

Nick Cannon. ALL PHOTOS GETTY IMAGES

Celebrating Valentine's — all year long

THE WORD
Dorothy Robinson
scene@metronews.ca

Valentine's Day isn't the only time when Nick Cannon and Mariah Carey celebrate their love. Cannon admitted to Metro that the 30th of every month is their I Love You Day and they view that day as their monthly anniversary.

"No matter where we are in the world, even if we're not together on the 30th, we still send flowers and balloons and chocolates and all that good stuff," said the America's Got Talent host.

Considering Cannon and Carey are known romantics (they renew their wedding vows every year), we asked for his advice on how to make the holiday memorable. "The more thoughtful you can be, that shows effort," he says. "If you're going to do flowers, find out that person's favourite and figure out the arrangement yourself."

Twitter

@kirstiealley
my TV makes everyone look fat! What the hell?? everyone looks like a walking "wall" ..Oy Vey

@ElizabethHurley
Dragging myself downstairs to put puppy in the garden.....

@JuddApatow
I am in England. So the Super Bowl is on at what time? On what channel? And I watch it with who? This does not seem as fun.

@SteveMartinToGo
The Super Bowl reminds me of a pagan contest where a human head is kicked around between commercials.

Nicole Kidman

'No surgery for me,' says Kidman

Despite numerous reports to the contrary, Nicole Kidman insists she's never indulged in plastic surgery.

"No surgery for me," she tells Italian newspaper La Repubblica. "I did try Botox, unfortunately, but I got out of it and now I can finally move my face again."

So how does the Australian actress keep her face looking the way it does? "I wear sunscreen, I don't smoke and I take care of myself, and I am proud to say that," she said. "Anybody can do anything to themselves — I don't judge — but personally, I believe in being physically fit."

Baby No. 2 for Penelope and Javier

Penelope Cruz is reportedly pregnant with her second child, according to E! News. The Spanish actress is about three months along, sources say, and is thrilled to be pregnant at the same time as her sister, Monica Cruz.

Penelope is vacationing with husband Javier Bardem on Johnny Depp's private Caribbean island. The couple has a two-year-old son, Leo.

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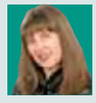
METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Creepy dads, bad breakups and stomping on cultural touchstones



STARGAZING
Malene Arpe
scene@metronews.ca

This week in creepy dads: 1) Adele's estranged dad is complaining to a newspaper that she won't have anything to do with him because he talked to a newspaper. 2) Hulk Hogan tweets a picture of daughter Brooke in a mini-dress with the caption "Brooke's legs." 3) The Hong Kong millionaire, who this fall offered $65 million to any man who could convince the millionaire's lesbian daughter to divorce her wife and marry a dude, reiterates his offer.

Your move, Selena. After Selena Gomez covers Justin Timberlake's Cry Me A River and Taylor Swift's I Knew You Were Trouble, Justin Bieber releases his own breakup song, Nothing Like This. Selena, may we suggest Häagen-Dazs, a girls' night out and just keeping your pain bottled up inside yourself where it belongs?

Justin Bieber gropes a fan's breast at a meet and greet. Selena Gomez decides to spend two or three days in bed, watching The Notebook over and over and not washing her hair.

Kris Jenner gets her own talk show. Subjects that will be covered during the first week of broadcast: "Kash komes from kids," "Kashing in on kute kids" and "Kids! kan they be konverted into more kash?"

Liberty Ross files for divorce from Snow White and the Huntsman director Rupert Sanders. Not because of the Kristen Stewart cheating thing, but because he made Snow White and the Huntsman.

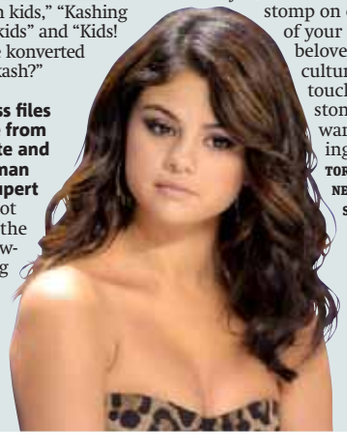
Lindsay Lohan

Carole Mallory, author of a book about her affair with Norman Mailer, has written a new book about sleeping with famous men. In it, she says that Robert De Niro used to keep his socks on. "That totally ruined all my elaborate erotic fantasies involving Robert De Niro," said absolutely no one.

Porn actor James Deen talks about working with Lindsay Lohan on The Canyons. "In porn I am used to working with professionals who are courteous to others," he says. "Whatevs," says Lindsay. "I am used to working with family members who would steal my teeth."

Chris Brown claims he didn't throw any punches in a parking lot fight with Frank Ocean. Proof he may be right: 1) He posts on Instagram, comparing himself to a crucified Jesus. 2) Sources say it was only the respective entourages who were fighting. 3) Frank Ocean is not a woman.

The initial version of the Evil Dead remake got an NC-17 rating. The film was eventually edited to get an R, but still retains the "why yes, we did remake/stomp on one of your beloved cultural touchstones" warnings. TORSTAR NEWS SERVICE



Supper

Family meals still matter

I read a study that says that family meals aren't necessarily beneficial.

Really?!

Families have been sitting down and breaking bread together for centuries. Why do we suddenly need to make a mockery of it? Aside from the obvious — time spent together — family meals give children a sense of routine and stability. It brings everyone together in a relaxed atmosphere where they laugh and talk. It teaches good table manners and healthy eating. My instinct also tells me that spending time eating meals with my children is not only good for them, but for me.

CANDACE DERICKX/YUMMYMUMMYCLUB.CA

Tips

Easy nosebleed clean-up

I like to give a red facecloth as part of a baby shower gift.

When a child — or even a squeamish parent — sees blood from a cut or nose bleed, they tend to freak out over all of the blood loss.

If the parents use a red facecloth instead of a white or light-coloured one, children won't see how much blood there is and will likely keep calmer during the entire ordeal.

It worked great for me when my kids were small — and even when they were not so small.

SHARON JANOUSEK/YUMMYMUMMYCLUB.CA

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Dealing with dinnertime stress? Here's what not to say

Diet. Choice and praise may not be the best way to go at the dinner table

SARAH REMMER
RD of yummymummyclub.ca

As parents, we want our kids to eat a well-balanced diet and grow to enjoy a wide variety of healthy foods.

In our well-intentioned efforts, we often verbally encourage or discourage them to eat certain foods, only to increase picky eating tendencies or send the wrong messages about foods.

Here are some things that parents often say to their kids about food and why they may not be the best things to say.

1. "You must have at least three more bites of your vegetables before you can have dessert."

When kids feel that they have to eat one food in order to be rewarded with another, they automatically associate the first food with being less desirable. Instead, offer a variety of foods, including vegetables, at dinnertime.

Encourage your child to taste his veggies, and if he doesn't like it, he can politely spit it out in his napkin.

2. "You are such a good girl for eating everything on your plate!"

What your child hears after you make this statement is, "I am a good girl if I finish all of the food on my plate, so I better do that again tomorrow."

What you actually want as a parent is for your child to stop eating when she's comfortably full. Sometimes that means a clean plate, sometimes it doesn't.

Cleaning our plates no matter what often translates into eating beyond fullness, and over time, gaining unhealthy weight.

3. "We don't eat cookies in our house because they are bad for us."

Labelling foods as "good" or "bad" automatically makes your child feel like she is "good" for eating "good foods" and "bad" for eating "bad foods."

Truthfully, all foods can fit into a healthy diet, even if some of those foods aren't as healthy as others.

Instead, say: "We like to have lots of different foods in our house, including cookies sometimes. Maybe we can bake some together tomorrow and have one after dinner tomorrow night."

4. "I know you don't like the lasagna I'm making, so what would you like for dinner instead?"

Giving your child control over what he eats for dinner will discourage him from trying new and different foods, might actually encourage picky eating habits and will eventually drive you crazy. Everyone in the family should be offered the same meal. There should be three to four different foods to choose from. For example: lasagna, whole grain bread, cut up veggies and dip, salad, and milk. Your child should be offered all of these foods, and she can pick. She might choose four pieces of bread. And that's OK — you've done your job by offering a variety of different foods and the ball is in her court now.

Every child will go through a picky eating stage — it's normal. It can be frustrating and worrisome for parents, but it also offers an opportunity to help children develop a healthy relationship with food. Keep reintroducing foods, even if they are refused. Praise your kids for listening to their tummies and trying new foods (even if they politely spit it out).

YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP BUSY WOMEN SURVIVE MOTHERHOOD

Kids have their own mealtime strategy. What's yours? ISTOCK IMAGES

Being mindful of our nice-to-nag ratio

Communication with your children can be tough. Remember to try to stay calm. ISTOCK IMAGES

Hands down, my greatest challenge as a mother is trying to stay calm and facilitate growth through the natural wild behaviour children have. I want to be calm, but wow, it is hard to do.

So I ask myself a question every day to help me stay focused on being calm What will be my nice-to-nag ratio?

Every family who has come to see me in my psychotherapy practice with "misbehaving children" has had a very low nice-to-nag ratio. Children use behaviour to communicate until they can find the words to express themselves, and misbehaving children and their parents can get into a pattern where the bulk of any communication to that child is corrective. "Stop it! Why are you doing that? Why won't you listen?" Again, it can be hard to be nice to a child who, in your mind, is always blowing it.

"Your ability to enjoy your child may be the most important factor in his development," according to Laura Markham, PhD, author of Peaceful Parents, Happy Kids.

If I can stop myself from hurting or scaring my child or continually being on my child's back when they need direction, I won't be contributing to their negative self-talk. Children push away from their parents when they experience too much wounding from them.

Do you like to be around people who are continually on your case? No, and neither do your children. An exhausted, mother of a "rebellious teen" said, "I wish someone would have told me this when my daughter was little. How can I possibly take back all those days I constantly nagged her? Help me get her back." Thankfully, I can report that after a year of that mom's conscious decision to communicate with her daughter openly, she is well on her way to getting her daughter back.

ANDREA NAIR/YUMMYMUMMYCLUB.CA

Grilled cheese grows up with onions and tomatoes

This recipe serves four. LORELLA ZANETTI, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

ROSE REISMAN
for more, visit
rosereisman.com

Who would have thought old comfort food, grilled cheese, would make such a comeback — not only as a casual sandwich at home, but also as an elegant appetizer at parties.

Here's a twist on the traditional; I use it as a lunch item, on buffets and even cut into quarters as an appetizer.

1. Divide cheddar, Parmesan and goat cheese between two slices of bread. Top with sliced tomatoes and onions. Cover with remaining two slices of bread. Spray both sides of each sandwich with cooking oil.

2. Spray a non-stick skillet with cooking oil and place over medium heat. Cook the sandwiches for approximately 4 minutes per side, being careful not to burn them.

3. Cut each sandwich into quarters and serve 2 per person. ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

Nutritional Analysis

Per serving

- 199 calories; 11 g protein; 11 g fat; 6.2 g saturated fat; 15 g carbohydrates; 25 mg cholesterol; 288 mg sodium; 2.3 fibre

Ingredients

Prep time: 10 minutes
Cooking time: 8 minutes

- 1/4 cup light aged cheddar cheese, thinly sliced
- 1/8 cup Parmesan cheese, freshly grated
- 1/4 cup crumbled goat cheese
- 4 slices whole grain bread
- 4 slices plum tomato
- 4 slices sweet onion

Healthy eating

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Subway is considered a healthy fast food choice, but you may be surprised at what sandwiches pack the most fat and calories.

Subway tuna sub (6 inch with light mayo & Southwest sauce)

620 calories / 39 g fat
With tuna, mayo and sauce, the calories and fat in the sub equal half your daily calories and fat.

Equivalent

One six-inch Subway tuna sub with Southwest sauce and light mayo is equivalent in calories to five cans of tuna packed in water. Tuna is considered a healthy low fat fish on its own.

Subway steak and cheese sub (6 inch)

380 calories / 10 g fat
Shocking to most, the lean steak and cheese is a healthier option.

Lunch. Veggie Hummus Crunch

1. Spread hummus evenly on one side of each slice of toast.

2. Top 2 slices of toast with cheese, tomato, red onion, cucumber, a handful of alfalfa sprouts and remaining slices of toast to form sandwiches.

3. Cut in half and serve. NEWS CANADA/ NATURALLYDEMPSTERS.CA

Ingredients

- 4 Slices Dempster's WholeGrains Wheat & Oats with Honey Bread, toasted
- 1/3 cup (80 ml) Hummus
- 2 slices light Havarti cheese
- 1 tomato, sliced
- 2 tbsp (30 ml) diced red onion
- 1/2 cucumber, sliced
- 1 package alfalfa sprouts

Pulled to perfection

1. In a bowl, combine 15 ml (1 tbsp) of the brown sugar, paprika, chili powder, mustard and salt. Rub over all sides of pork. Cover and refrigerate for at least 2 hours or overnight.

2. Place pork in five to six-quart slow cooker. Whisk soup mix and broth; pour over pork. Cover and cook on low 8 to 10 hours or on high 4 to 5 hours, until pork shreds easily with a fork. Transfer pork to a plate and let cool slightly.

3. Using spoon, remove excess fat from surface of sauce. Pour sauce into a large saucepan and bring to a boil. Reduce heat and simmer for about 20 minutes, until syrupy. Stir in remaining brown sugar, cayenne, chili sauce, vinegar and soy sauce; simmer for 10 minutes to blend flavours. Adjust seasoning with salt and cayenne, if desired.

4. Transfer pork to a cutting board and add accumulated juices to sauce. Using two forks, shred pork, placing it in a serving bowl. (This is a super-messy job, but worth the effort.) Pour 250 ml (1 cup) sauce over shredded meat, turning pork to absorb sauce. Serve pork on warmed buns, topped with coleslaw, with extra sauce for dipping.

BEST OF BRIDGE SLOW COOKER COOKBOOK BY SALLY VAUGHAN-JOHNSTON & THE BEST OF BRIDGE PUBLISHING LTD. (ROBERT ROSE, ROBERTROSE.CA, 2012).

This recipe serves eight. THE CANADIAN PRESS H/O

Ingredients

- 60 ml (4 tbsp) packed brown sugar, divided
- 45 ml (3 tbsp) paprika
- 15 ml (1 tbsp) chili powder
- 15 ml (1 tbsp) dry mustard
- 5 ml (1 tsp) salt
- 1.5 kg (3 lb) boneless pork shoulder blade roast, cut into 4 chunks
- 1 envelope (38.5 g/1.4 oz) onion soup mix
- 375 ml (1 1/2 cups) chicken broth
- 1 ml (1/4 tsp) cayenne pepper
- 375 ml (1 1/2 cups) tomato-based chili sauce
- 45 ml (3 tbsp) cider vinegar
- 15 ml (1 tbsp) soy sauce
- Kaiser buns, warmed
- Coleslaw

CALGARY COMMERCIAL PROPERTY OWNERS

Is Your Commercial Real Estate Correctly Assessed?

The final appeal deadline for the 2013 realty assessment is 60 days from the mailing of the 2013 Assessment Notices being March 4, 2013.

Fairtax Realty Advocates Inc. act as the Authorized Agent in representing the property owner to ensure the 2013 assessment proposed by the City of Calgary are fair and equitable, with other like properties.

Fairtax Realty Advocates Inc. professionally represent owners of billions of dollars in assessed value of Western Canadian properties on a contingency basis.

Fairtax Realty Advocates Inc. fees are limited to a percentage of the saving earned based on our representation of the property owner's interest.

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Type your way to the total package by polishing up your online presence

I'm with the brand.
Beyond the paper resumé, there's a world of ways you can promote your best self on the web

ELIZABETH BEDDALL
life@metronews.ca

When they meet you in person, will you properly reflect the profile you've set up online? If not, it's time to make some edits. ISTOCK

Welcome to the world of social media, where any aspect of your online biography can mean the difference between landing that dream job and getting promptly passed over.

In the process of prioritizing your personal brand, it's imperative that you make sure you accurately portray yourself online as you would in person, ensuring that recruiters receive a fair impression of your character and that they recognize the unique qualities you could bring to their organization.

To help evaluate your online presence, James Davidson, talent acquisition manager for PwC Management Services LP, provides us with five key considerations that will help you improve your digital brand and make you more noticeable than your competitors.

Relevance

People evaluate you based on relevance. This is how consistent the real-world-you is to the virtual-world-you. To increase your volume and relevance on the web, you can showcase your expertise, skills and experiences via online forums, Facebook, LinkedIn and Twitter.

Volume

Volume speaks to how much content is on the web about you — the more you have to say about yourself, the more information people will have to read about you.

The web at work

PwC is hosting its second annual Personal Brand Week from Monday to Friday.

- During the week, visit the PwC Careers Canada Facebook page (facebook.com/PwCCareersCanada) for more tips and techniques on personal branding.

Clarity

Clarity means the ease with which readers can differentiate the content that is about you versus information on others with the same name.

It's imperative to secure your vanity name for LinkedIn, Facebook and Twitter.

Spending some time to figuring out the right words to describe yourself is critical. This determines how easy it is for others to find you online.

Diversity

Diversity is having multimedia content supporting the real-world-you.

This means sharing photos, quotes, articles and videos — all of which help express your skills, passion and values in another way. For example, people are more likely to believe you and your work experience if you have a professional photo — especially on sites such as LinkedIn.

Validation

Lastly, validation is essential in getting other people to reference you or confirm who you really are.

This is extremely important to increasing the credibility of your personal brand. You need to get others to recommend you online, endorse you and provide you with testimonials. By attempting these online suggestions, you will be on your way to building and managing your professional online presence.

The In-Credibility Factor

Name: Ronjiny Basu and Tanima Majumdar
City: Ottawa and Delhi, India
Age: 31
Occupation: Co-founders of Chobhi Scarves

THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

In-Credibility factor:
Friends since childhood, Ronjiny and Tanima always dreamed of doing something creative together. When Ronjiny completed her MBA in design, fashion and luxury goods in Italy, she finally convinced Tanima to put her remarkable nature photography to work. The two friends launched a line of luxury, nature-themed scarves under the name of Chobhi, which in Bengali means "picture". They call their creations "wearable art" and will soon expand to include a unique line of jewelry.

We knew we were on our way...
"...When we held a scarf in our hands for the first time. I had seen it on Skype from India and it didn't seem real," says Tanima, "but when Ronjiny handed it to me, it was amazing and exactly what I had pictured. The colours and designs really stand out on fabric."

Ronjiny is in India right now working on producing their spring line and says, "It's been extremely rewarding to see something you are passionate about bloom and grow. Our wish is that our scarves connect with your heart."

Action Plan:

Have a strong business and marketing plan that is customer-centric
It's important to have a product that connects to customer's emotions and links to a lifestyle statement.

Put innovation into your passion by reinventing your products

We're continuously trying to reinvent our strategy for the long term.

Maximize the wonderful world of social media

We used sites like Facebook, Twitter and Pinterest to help us understand our demographic and predict future purchasing patterns.

Read metro your money every Tuesday for financial tips, trends and advice.

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The Baltimore Ravens celebrate on the Superdome field after their 34-31 win over the San Francisco 49ers in Sunday night's Super Bowl. RONALD MARTINEZ/GETTY IMAGES

Ravens turn off the lights on 49ers

Super Bowl. San Fran nearly climbs all the way back following blackout in New Orleans, but Baltimore holds on to win second NFL title

Super Bowl XLVII

Ravens	49ers
34	31

From blowout to blackout to shootout, Joe Flacco and the Baltimore Ravens had just enough power to survive one of the most electric Super Bowls ever.

The outage flipped a switch for the San Francisco 49ers, but the Ravens used a last-gasp defensive stand to hold on Sunday night, 34-31.

America's biggest sporting event came to a half-hour standstill in the third quarter when most of the Superdome lights and the scoreboards went dark. By then, the Ravens had a 22-point lead.

Everything changed after that, though, and the 49ers staged a sensational rally before Ray Lewis and Co. shut it down. But there were plenty of white-knuckle moments and the Ravens (14-6) had to make four stops inside their seven at the end.

For a Super Bowl with so many subplots, it almost had to end this way.

Flacco's arrival as a championship quarterback coincides with Lewis's retirement.

The sibling rivalry between the coaching Harbaughs went to John, older than Jim by 15 months.

"How could it be any other way? It's never pretty. It's never perfect. But it's us," John Harbaugh said. "It was us today."

At four hours, 14 minutes, it was the longest Super Bowl ever. Among the most thrilling, too.

The loss of power delayed the game 34 minutes and left players from both sides stretching and chatting with each other. It also cost Baltimore whatever momentum it built, and that was considerable after Jacoby Jones' 108-yard kickoff return and game MVP Flacco's three touchdown passes made it 28-6.

Back came San Francisco (13-5-1) in search of its sixth Lombardi Trophy in as many tries.

Michael Crabtree's 31-yard touchdown reception on which he broke two tackles made it 28-13. A couple minutes later, Frank Gore's six-yard run followed a 32-yard punt return by Ted Ginn Jr., and the 49ers were within eight.

Ray Rice's fumble at his 24 led to David Akers' 34-yard field goal, but Baltimore woke up for a drive leading to rookie Justin Tucker's 19-yard field goal.

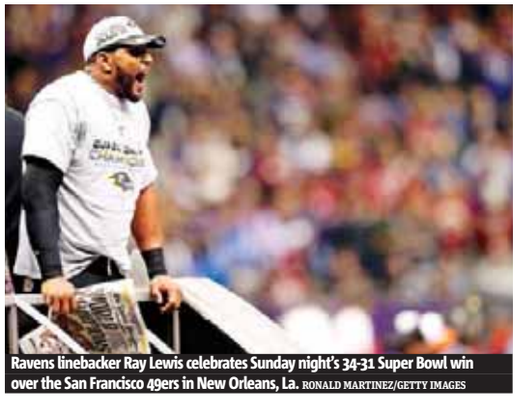
San Francisco wasn't done challenging, though, and Colin Kaepernick's 15-yard TD run, the longest for a quarterback in a Super Bowl, made it 31-29. A two-point conversion pass failed when the Ravens blitzed.

Tucker added a 38-yarder with 4:19 remaining, setting up the frantic finish.

Kaepernick couldn't get the 49ers into the end zone on the final three plays — there was contact on Crabtree on the final pass that appeared incidental, and Jim Harbaugh insisted it was pass interference.

Ravens punter Sam Koch took a safety for the final score with four seconds left.

THE ASSOCIATED PRESS



Ravens linebacker Ray Lewis celebrates Sunday night's 34-31 Super Bowl win over the San Francisco 49ers in New Orleans, La. RONALD MARTINEZ/GETTY IMAGES

NFL. Lewis puts tidy Super Bowl bow on 17-year career

Ray Lewis began his final night on the football field with a motivational speech to his teammates.

He ended it looking upward into a shower of silver streamers and purple confetti after the Ravens beat the San Francisco 49ers 34-31 Sunday night to win the Super Bowl.

"It's simple: When God is for you, who can be against you?" Baltimore's standout middle linebacker said, clutching the Lombardi Trophy. "It's no greater way, as a champ, to go out on your last ride with the men that I went out with, with my teammates."

Standing tall in the middle of a defence that survived a frenzied comeback by Colin Kaepernick and the 49ers, Lewis put a lovely bow on his 17th NFL season by earning his second Super Bowl ring — 12 years after the first.

THE ASSOCIATED PRESS

Short-track speedskating

Hamelin doubles up on gold in Russia

Short-track star Charles Hamelin won his second gold medal in as many days to lead a three-medal effort by Canadians at the Samsung ISU World Cup on Sunday in Sochi, Russia.

Hamelin, from Sainte-Julie, Que., finished first in the 1,000 metres, while Gabrielle Waddell of Red Deer won her first individual medal, taking bronze in the women's 500 metres. Waddell later helped the women's relay team win silver.

Hamelin, who won the men's 500 on Saturday, earned his latest gold with a time of one minute 25.159 seconds.

"I was trying to be more patient and save energy for the end," said Hamelin. "So in the middle of the race, I tried a pass on the outside, but I got caught by the Korean with his deep track and I almost fell. I didn't panic. I got back on my blades and got back to the pack."

Semen Elistratov of Russia was second and American J.R. Celski finished third. Jinkyu Noh of South Korea settled for fourth.

THE CANADIAN PRESS

Canadian speedskater Charles Hamelin rounds a corner during the 1,000-metre men's final on Sunday in Sochi, Russia.
THE ASSOCIATED PRESS

Cross-country skiing

Canadian pair work together for bronze

Canadian cross-country skiers Perianne Jones and Daria Gaiazova have both won sprint medals with teammate Chandra Crawford over the last two years.

On Sunday, Jones and Gaiazova showed that they can also reach the podium together.

Jones, from Almonte, Ont., and Gaiazova, from Banff, won their first medal as a duo, taking bronze in the 6x1.25-kilometre World Cup classic-style race in Sochi, Russia, with a time of 17 minutes 12.53 seconds.

Russians Julia Ivanova and Natalia Matveeva edged the Canadians in a photo finish in 17:12.47, while the Finns of Mona-Lisa Malvalehto and Anne Kylloenen won gold in 17:06.9.

THE CANADIAN PRESS

Montreal Canadiens goaltender Carey Price makes a save against Ottawa Senator Daniel Alfredsson in Montreal on Sunday. With the Habs' 2-1 victory, Price has won six straight starts. GRAHAM HUGHES/THE CANADIAN PRESS

Habs' Pacioretty has knack for comebacks

NHL. Pacioretty returns ahead of schedule from appendix surgery to provide key assist in Montreal's victory

It took Max Pacioretty one shift to show he has completely recovered from appendix surgery.

Only eight days after an emergency appendectomy, the left-winger found a puck in the slot and slid it to the net for David Desharnais to tip in for a goal that helped the Montreal Canadiens to a 2-1 victory over the Ottawa Senators on Sunday afternoon.

Pacioretty, who was expected to be out for three to four weeks, looked strong as ever as he skated a regular shift on the top line with Desharnais and Erik Cole and picked up his fifth point in four games played this season.

"I just trusted that those two battling would make the right play and it ended up right on my stick," he said of the goal that tied the game 1-1 at only 2:13 of the period after Jakob Silfverberg opened the scoring for Ottawa.

"That's what I mean about them doing the heavy lifting early on."

Pacioretty's ability to bounce back from injuries causes fans and even his teammates to shake their heads in wonder.

In the 2010-11 season, he was stretched off the Bell Centre with a concussion and a broken vertebrae in his neck after crashing head first into a stanchion. But he was back on his feet within days.

He missed the last 15 games of the regular season and the first round of the playoffs, but might have been back if the Canadiens had gone further into the post-season.

He responded with a breakout, 33-goal season in 2011-12 and was awarded the Bill Masterton Trophy for persistence and dedication.

Pacioretty said resilience is something he has learned.

"I look at adversity as a good thing," he said. "I've had to deal with a lot in my career, whether it be injuries or getting sent down.

"I've had a bumpy road here in Montreal and I wouldn't change any of it for a second. It's made me the player and the person I am and I'm thankful to have got all these opportunities."

Cole had the winner later in the first period for the Canadiens (6-2-0), who swept home games on consecutive afternoons after a 6-1 win over the Buffao Sabres on Saturday.

The Senators (5-3-1) were coming off a 1-0 loss in Carolina on Friday night and are struggling to score with top centre Jason Spezza out with a sore back.

Goaltenders Carey Price and Craig Anderson were both at the top of their games as Ottawa outshot Montreal 33-32.

Price may have caught a break as a goalie interference call nullified a goal by defenceman Andre Benoit 1:26 into the third frame. Price was outside the crease when Silfverberg leaned into him as Benoit shot.

Price has now won six starts in a row since dropping a 2-1 decision to Toronto on opening night Jan. 19.

THE CANADIAN PRESS

Sunday's game

2	1
Canadiens	Senators

Around the NHL

Chris Kunitz scored a hat trick in the Pittsburgh Penguins' Super Bowl Sunday visit to the nation's capital, leading a 6-3 win over the Washington Capitals

- The Pens have won three straight and four of five to lead the Atlantic Division.

In Buffalo, defenceman Brian Campbell scored on the power play with 10:33 remaining to cap Florida's three-goal rally and the Panthers beat the Buffalo Sabres 4-3 on Sunday.

- Peter Mueller, George Parros and Shawn Matthias also scored for the Panthers, who won their first road game of the season and snapped a seven-game road winless drought (0-5-2) dating to last season.

THE ASSOCIATED PRESS

Road blocks

"I've had a bumpy road here in Montreal and I wouldn't change any of it for a second."

Max Pacioretty on the adversity he has faced during his career.

CFL. Longtime coach, executive set to end his illustrious football career

The man affectionately known as "Obie" is calling it a career.

A CFL source requesting anonymity said Sunday that Bob O'Billovich will announce his retirement Monday at a news conference at the Hamilton Tiger-Cats business office.

O'Billovich, 72, has spent the last five years as the Ticats general manager.

The native of Butte, Mont., has been a player, coach and executive in the CFL in a career that began in 1963 as a quarterback/defensive back with the now defunct Ottawa Rough Riders.

O'Billovich played five seasons with Ottawa before beginning his coaching career with the club, first as a guest coach before being named an assistant coach.

O'Billovich also served as a university basketball coach in Ottawa, leading the Carleton men's program from 1971 to 1973. He then served as the Ottawa Gee-Gees hoops coach from 1973 to 1974.

He was hired as head coach of the Toronto Argonauts in 1982 and spent eight seasons on the sidelines, leading the Double Blue to three Grey Cup appearances (winning in 1983).

O'Billovich joined the B.C. Lions as head coach during the 1990 campaign and remained through the 1992 season before returning to Toronto as GM in 1993.

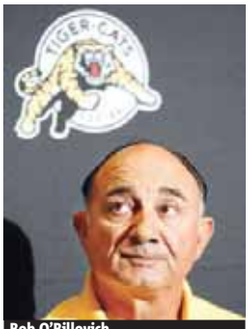
He also took over coaching duties in Toronto during the 1993 season. O'Billovich relinquished those duties following the 1994 campaign but found himself back on the sidelines in 1995.

O'Billovich served as B.C.'s player-personnel director from 2003-07 before being hired as Hamilton's GM.

The Ticats promoted O'Billovich to vice-president of football operations in January 2012.

But after the Ticats missed the playoffs last season with a 6-12 record, they fired rookie head coach George Cortez and hired Kent Austin as the club's director of football operations, GM and head coach.

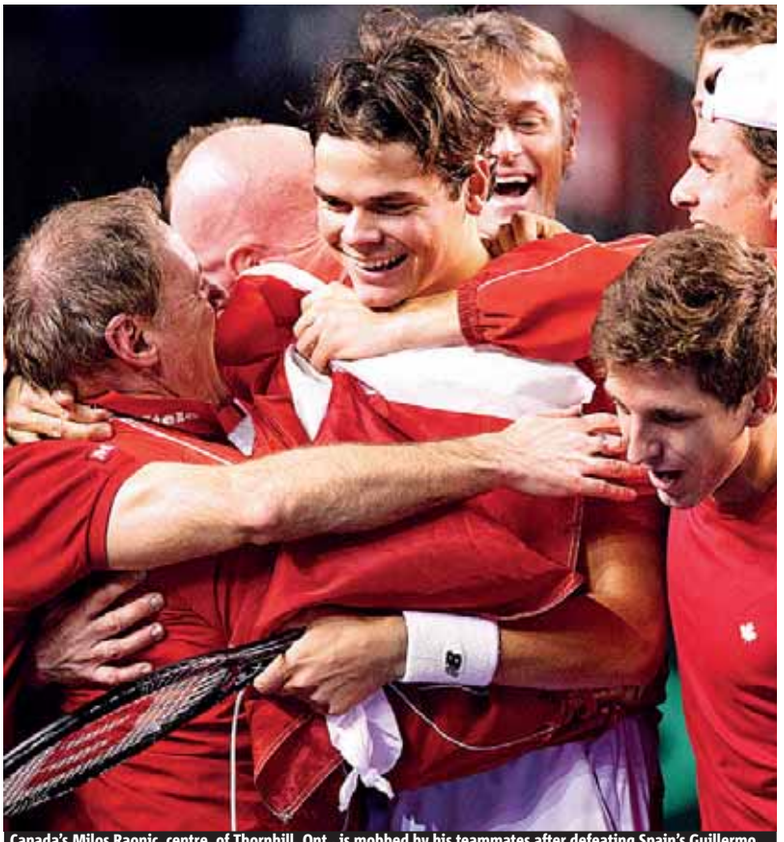
He leaves the CFL as a two-time winner of the league's coach-of-the-year award (1982, 1987) and a Grey Cup champion (1983). THE CANADIAN PRESS



Bob O'Billovich
THE CANADIAN PRESS FILE

Lefty shoots sizzling -28

Phil Mickelson celebrates making a birdie putt on the seventh hole during the final round of the Waste Management Phoenix Open golf tournament on Sunday in Scottsdale, Ariz. Mickelson, who won the tournament, shot a 4-under 67 to finish at 28-under 256, two strokes off the PGA Tour record of 254 set by Tommy Armour III in the 2003 Texas Open. ROSS D. FRANKLIN/THE ASSOCIATED PRESS



Canada's Milos Raonic, centre, of Thornhill, Ont., is mobbed by his teammates after defeating Spain's Guillermo Garcia-Lopez during a first-round singles match at the Davis Cup World Group in Vancouver on Sunday.
DARRYL DYCK/THE CANADIAN PRESS

Raonic's win leads Canada over Spain in Davis Cup upset

Tennis. Canucks knock off No. 1-ranked side and advance to the second round

Milos Raonic propelled Canada into the second round of the Davis Cup World Group Sunday.

Raonic beat Spain's Guillermo Garcia-Lopez in straight sets — 6-3, 6-4, 6-2 — at UBC's Doug Mitchell Thunderbird Sports Centre. The win gave Canada an insurmountable 3-1 lead in the best-of-five tie with one reverse singles match to play.

Raonic was rarely tested by Garcia-Lopez, ranked 82nd in the world, who made his first Davis Cup appearance. Garcia-Lopez was inserted into the do-or-die match by Spanish captain Alex Corretja, who made a late lineup change in a bid to right Spain's fortunes.

Canada entered play with a 2-1 lead and needed just one win in its final two singles matches to claim the tie.

Garcia-Lopez replaced Marcel Granollers, who was tagged as Spain's top singles player for this event as the five-time Davis Cup champion was missing its four top players.

Garcia-Lopez tried to counter Raonic's power with several cross-court shots in a bid to get the world's 15th-ranked player running around the court.

But Raonic, from Thornhill, Ont., had little difficulty returning Garcia-Lopez's attempts. Canada's top singles player got off to a hot start as he opened with back-to-back aces and won the game at love with a well-placed volley in the back corner opposite Garcia-Lopez. Raonic took a 3-2 lead in the first set with another ace as he launched a 220 km/h serve past his opponent.

After coming back to break Garcia-Lopez's serve in the sixth game, the players held serve the rest of the way as Raonic took the opening set 6-3.

A first

This marks the first time that Canada has advanced to the second round of the World Group level, which is open to the top 16 countries.

- **Pre-tournament.** Canada is ranked 12th on the Davis Cup table while Spain, which lost the 2012 final to the Czech Republic, entered the weekend No. 1.

Raonic maintained his momentum in the second set and started the third set with a service break and hold to go up 2-0. Raonic proceeded to break again and was well on his way.

Serving for the match, Raonic built up a 40-15 lead and closed out the historic win with an overhead smash.

Canada will host Italy in the quarter-finals in April.

THE CANADIAN PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	9	6	3	0	30	22	12
New Jersey	8	4	1	3	20	19	11
NY Islanders	8	4	3	1	27	26	9
NY Rangers	8	4	4	0	19	22	8
Philadelphia	9	3	6	0	21	26	6

NORTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	8	6	1	1	24	19	13
Montreal	8	6	2	0	26	17	12
Ottawa	9	5	3	1	25	16	11
Toronto	8	4	4	0	21	23	8
Buffalo	9	3	5	1	27	33	7

SOUTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Tampa Bay	8	6	2	0	39	21	12
Winnipeg	8	3	4	1	24	32	7
Carolina	7	3	4	0	18	23	6
Florida	8	3	5	0	20	30	6
Washington	9	2	6	1	21	33	5

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	9	7	0	2	28	20	16
St. Louis	8	6	2	0	31	19	12
Detroit	8	4	3	1	22	24	9
Nashville	8	3	2	3	14	20	9
Columbus	9	3	5	1	18	28	7

NORTHWEST DIVISION

	GP	W	L	OL	GF	GA	Pt
Vancouver	8	4	2	2	21	20	10
Edmonton	8	4	3	1	20	21	9
Minnesota	8	4	3	1	20	22	9
Colorado	8	4	4	0	19	20	8
Calgary	6	1	3	2	16	24	4

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
San Jose	8	7	0	1	30	14	15
Anaheim	7	5	1	1	27	22	11
Phoenix	9	3	4	2	27	26	8
Dallas	9	3	5	1	17	23	7
Los Angeles	7	2	3	2	16	23	6

Note: A team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OL (other loss) column.

Sunday's results
Pittsburgh 6 Washington 3
Montreal 2 Ottawa 1
Florida 4 Buffalo 3
New Jersey 3 NY Islanders 0
Saturday's results
Pittsburgh 5 New Jersey 1
Montreal 6 Buffalo 1
Colorado 3 Edmonton 1
Philadelphia 5 Carolina 3
NY Rangers 3 Tampa Bay 2
Boston 1 Toronto 0
Columbus 4 Detroit 2
Phoenix 2 Dallas 0
Chicago 3 Calgary 2 (SO)
Anaheim 7 Los Angeles 4
Nashville 2 San Jose 1 (SO)
Monday's games — All Times Eastern
Carolina at Toronto, 7 p.m.
Dallas at Colorado, 9 p.m.
Minnesota at Phoenix, 9 p.m.
Vancouver at Edmonton, 9:30 p.m.
San Jose at Anaheim, 10 p.m.
Tuesday's games
Toronto at Washington, 7 p.m.
Los Angeles at Columbus, 7 p.m.
Pittsburgh at NY Islanders, 7 p.m.
NY Rangers at New Jersey, 7 p.m.
Tampa Bay at Philadelphia, 7:30 p.m.
Calgary at Detroit, 7:30 p.m.
Buffalo at Ottawa, 7:30 p.m.
Florida at Winnipeg, 8 p.m.
Nashville at St. Louis, 8 p.m.
Chicago at San Jose, 10:30 p.m.

GOLF

PGA WASTE MANAGEMENT OPEN

At Scottsdale, Ariz.
Final round — Par 71

Phil Mickelson, $1,116,000	60-65-64-67—256
Brandt Snedeker, $669,600	64-66-65-65—260
Scott Piercy, $421,600	70-66-64-61—261
Ryan Moore, $297,600	66-66-65-65—262
Ryan Palmer, $248,000	64-73-66-62—265
Brendon de Jonge, $207,700	66-67-67-66—266
Brendan Steele, $207,700	69-65-65-67—266
Bill Haas, $207,700	65-64-70-67—266
Matt Every, $173,600	65-67-69-66—267
Padraig Harrington, $173,600	64-70-63-70—267
Robert Garrigus, $136,400	66-66-69-67—268
Billy Horschel, $136,400	69-68-64-67—268
Ben Crane, $136,400	67-71-64-66—268
Kevin Stadler, $136,400	68-68-69-63—268
Bubba Watson, $111,600	67-67-71-64—269
David Hearn, $84,165	**67-65-73-65—270**
Troy Matteson, $84,165	67-65-66-72—270
Gary Woodland, $84,165	67-66-67-70—270
Bo Van Pelt, $84,165	68-67-71-64—270
James Hahn, $84,165	71-67-70-62—270
Roberto Castro, $84,165	65-68-67-70—270
Jeff Klauk, $84,165	67-68-67-68—270

NFL

SUPER BOWL XLVII

Sunday's result
At New Orleans, La.
Baltimore 34 San Francisco 31

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Miami	30	14	.682	—
New York	30	15	.667	1/2
Chicago	29	18	.617	2 1/2
Indiana	28	19	.596	3 1/2
Brooklyn	28	19	.596	3 1/2
Atlanta	26	20	.565	5
Milwaukee	25	21	.543	6
Boston	24	23	.511	7 1/2
Philadelphia	20	26	.435	11
Detroit	18	30	.375	14
Toronto	**17**	**31**	**.354**	**15**
Orlando	14	33	.298	17 1/2
Cleveland	14	34	.292	18
Charlotte	11	35	.239	20
Washington	11	35	.239	20

WESTERN CONFERENCE

	W	L	Pct	GB
San Antonio	38	11	.776	—
Oklahoma City	35	12	.745	2
L.A. Clippers	34	15	.694	4
Memphis	30	16	.652	6 1/2
Golden State	30	17	.638	7
Denver	30	18	.625	7 1/2
Utah	26	22	.542	11 1/2
Houston	26	23	.531	12
Portland	24	23	.511	13
L.A. Lakers	22	26	.458	15 1/2
Dallas	20	27	.426	17
Minnesota	18	26	.409	17 1/2
Sacramento	17	32	.347	21
Phoenix	16	32	.333	21 1/2
New Orleans	15	33	.313	22 1/2

Note: division leaders ranked in top three positions regardless of winning percentage.

Sunday's results
Boston 106 L.A. Clippers 104
L.A. Lakers 98 Detroit 97
Miami 100 **Toronto 85**
Saturday's results
Chicago 93 Atlanta 76
New York 120 Sacramento 81
Cleveland 115 Oklahoma City 110
Houston 109 Charlotte 95
Minnesota 115 New Orleans 86
San Antonio 96 Washington 86
Milwaukee 107 Orlando 98
Portland 105 Utah 99
Golden State 113 Phoenix 93
Monday's games — All Times Eastern
L.A. Clippers at Washington, 7 p.m.
Orlando at Philadelphia, 7 p.m.
Chicago at Indiana, 7 p.m.
Detroit at New York, 7:30 p.m.
Charlotte at Miami, 7:30 p.m.
Dallas at Oklahoma City, 8 p.m.
Portland at Minnesota, 8 p.m.
Sacramento at Utah, 9 p.m.

See today's answers at metronews.ca/answers.

Horoscopes

♈ Aries
March 21 - April 20
You may be a go-getting Aries but there are only so many things you can do in a day, so don't push yourself too hard. Mars, your ruler, is passing through one of the more relaxed areas of your chart. Get the message?

♉ Taurus
April 21 - May 21
Your feelings run deep but you can't seem to find an adequate outlet for them. How frustrating! If all else fails try something physical, something that forces you to work up a sweat. Team sports, especially, will be fun.

♊ Gemini
May 22 - June 21
You must be honest today. You must bring any bad feelings you may have towards people you work or do business with to the fore. The most important thing is that you can be truthful with one another.

♋ Cancer
June 22 - July 23
Expect the best today and it will most likely happen. Today's cosmic climate indicates that good thoughts will lead to good things occurring– but also that bad thoughts could lead to bad things. It's your call.

♌ Leo
July 24 - Aug. 23
Try not to allow materialistic issues to govern your life. Make a special effort to raise your sights above worldly things and you may discover something of unequalled value. There is more to life than making money.

♍ Virgo
Aug. 24 - Sept. 23
You may be in an adventurous mood at the moment but the planets warn this is not the best time to take risks. Above all, don't let others persuade you to do things you do not feel comfortable with.

♎ Libra
Sept. 24 - Oct. 23
Cosmic activity in one of the more sensitive areas of your chart suggests that someone does not approve of your behavior. Do you care? You should, because this person has the power to make life difficult for you. Tread carefully.

♏ Scorpio
Oct. 24 - Nov. 22
No matter what your responsibilities may be you owe it to yourself to leave them behind and take life easy for a while. The more you rest now the more you will make a good job of your duties later on.

♐ Sagittarius
Nov. 23 - Dec. 21
A domestic matter of some kind has to be dealt with – not tomorrow or the day after but right now. Take everyone's feelings into consideration but then make a decision – and make sure everyone follows it.

♑ Capricorn
Dec. 22 - Jan. 20
The planets warn that no matter how much you desire a particular object once you have got it you will realize it was not what you wanted at all. You are searching for something deeper, so look inside yourself.

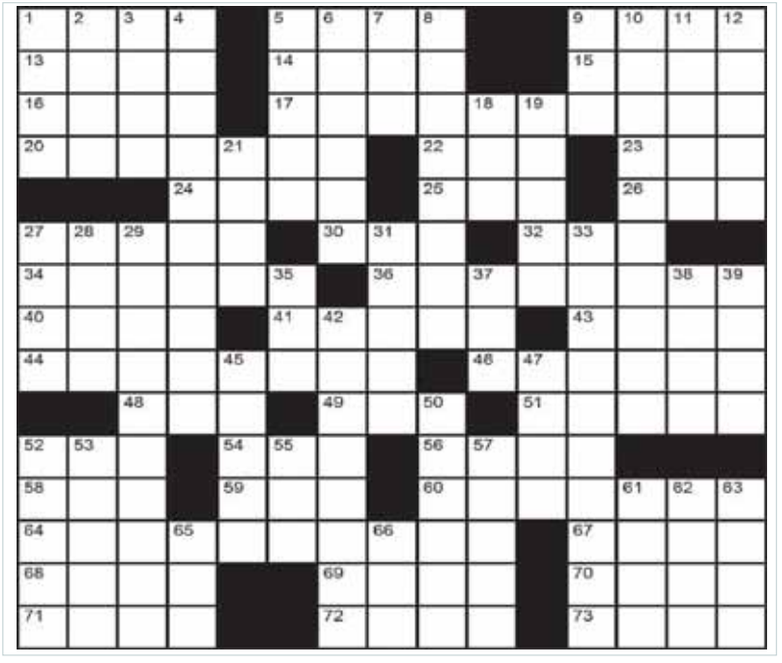
♒ Aquarius
Jan. 21 - Feb. 19
You may be sociable by nature but watch out who you make friends with this coming week. Some people are genuine, of course, but others want to get close to you for financial reasons. You're not that gullible, are you?

♓ Pisces
Feb. 20 - March 20
Mars links with your ruler Neptune in your birth sign today, which will help you to take the initiative and get everyone around you working towards the same goals. You should be this more often!

SALLY BROMPTON

Crossword: Canada Across and Down

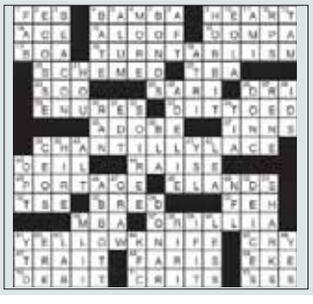
BY KELLY ANN BUCHANAN



Across
1. Bucket-on-a-rope spot
5. Ms. Ryan of "Star Trek: Voyager"
9. Actor Omar
13. Thought
14. Panache
15. "In the Valley of __" (2007)
16. Hitch
17. Annual frigid fun fest in Canada's capital region
20. "__ _ __ a Witness" by Marvin Gaye
22. __ Beach, Hawaii
23. Silent
24. Heraldic border
25. "The __ & Stimpy Show"
26. Faucet
27. Paul McCartney's nickname
30. __ up (Absorb)
32. Comic actress Margaret
34. Shania Twain's "Honey, __ __"
36. Carnaval de Quebec mascot
40. "__ __ conclusion..." (Speech-ending phrase)
41. "Rolling in the Deep" singer
43. Actor Mr. Julia
44. "Yellow" band
46. Not feeling well, __ _ _
48. Steve Nash's NBA team, on scoreboards
49. Cooking amt.
51. BBQ sizzler
52. Here, in Hull
54. 'Hect' add-on
56. Cain and __
58. Do tailoring
59. Zilch
60. Toto's owner
64. RIM smartphone
67. "This is fun!"
68. Pleasant
69. Blind, as per falconry
70. Ms. Bombeck
71. __ Fifth Avenue (Posh store)
72. Mailing request, commonly
73. Canadian rock band

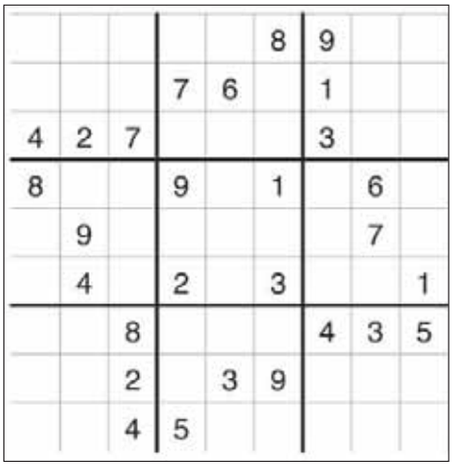
Down
1. Milwaukee, __.
2. "The Dame __ Experience"
3. Trim
4. Da Vinci's Mona Lisa, as it's also known: 2 wds.
5. "You Were Meant for Me" songstress
6. Privileged classes
7. Campaigned
8. Worldwide police liaison organization
9. Moray, for one
10. Roma in the Produce Department: 2 wds.
11. The Taming of the Shrew setting
12. Moe and Curly's 'Stooges' brother
18. She sheep
19. Rustic spread in Alberta
21. 'Tele' suffix
27. Catchall category [abbr.]
28. Farm song bit: "Here _ __, there..."
29. "My Girl (Gone, Gone, Gone)" band
31. Does what Simon says
33. Horatio __ (Naval Officer in C.S. Forester stories)
35. 'Ether' suffix
37. 'Bru' add-on (Sultanate on Borneo)
38. Subatomic particle
39. Actress Ms. Sommer
42. At a table-for-one on Valentine's Day
45. Pirate ship board
47. 'Trick' suffix
50. San Diego baseball team
52. Literary IDs
53. Salsa singer Ms. Cruz
55. Poke fun at
57. Scottish singer Susan
61. Drive-__
62. Pants parts
63. "Yup."
65. These: French
66. Stephen of "The Crying Game" (1992)

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Friday's Sudoku

4	9	1	3	5	6	8	7	2
7	3	6	2	4	8	5	9	1
2	8	5	9	7	1	3	6	4
8	7	2	6	9	3	1	4	5
1	5	9	4	2	7	6	3	8
3	6	4	1	8	5	7	2	9
6	2	3	8	1	4	9	5	7
9	1	7	5	6	2	4	8	3
5	4	8	7	3	9	2	1	6

Weather

BT BREAKFAST TELEVISION

ANDREW SCHULTZ
METEOROLOGIST
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta".
WEEKDAYS 5:30 AM

TODAY	TUESDAY	WEDNESDAY
MAX: 6° MIN: -2°	MAX: 6° MIN: -1°	MAX: 7° MIN: -1°

GOD'S PROMISE
God decides everyday to be compassionate and kind towards us. There is nothing we can ever do to deserve it.
(Romans 9:16)
HISPROMISES.ORG | @HISPROMISES4ME

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ANOTHER STEP FORWARD
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WITH 2 CAR GARAGES
FROM THE $250S
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